



SAMPLING METHODS

URINE WITH STABILIZER

⚠ IMPORTANT

IF YOU HAVE DIFFERENT TYPES OF SAMPLE TO TAKE, THE BLOOD SAMPLE SHOULD ALWAYS BE TAKEN LAST.

EQUIPMENT

To perform this sampling, we provide you with :

- 1 clean collection container (not provided).
- 1 jar with yellow cap (provided).

⚠ IMPORTANT

The jar supplied cannot be rinsed.

It contains a stabiliser which is essential for the analysis.
Samples should be taken on an empty stomach.

FOR BIP DMI (Dysbiosis Intestinal Mycosis), BIP MI (Intestinal Mycosis) and BIPI CANDIDOSIS :

the day before collection:

- Eat a varied meal containing carbohydrates, lipids and proteins, as these are dynamic analyses.
- Avoid wine, grapes, apples and pears.

BEFORE TAKING YOUR SAMPLE: Please ask your doctor to find out whether your current treatment (medication, dietary supplement, etc.) should be temporarily suspended.



STEP 1



Write on the label of the provided cup: your name, first name and date of birth.

STEP 2



Wash your hands thoroughly.

STEP 3



Collect your morning's first urine in the clean container you prepared. If you have to urinate at night, this replaces the first morning urine.

STEP 4



Open the provided cup and transfer the collected urine to fill it.

STEP 5



Close the cup tightly and place it in the provided bag.